

REFLECTIONS

Volume 4 Issue 4

01.04.2023

Reflections - An e-magazine showcasing the artistic talents of Medics

Photography by Dr. Arunava Borah



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Special points of interest:

- Paintings by Dr. Sanjeev Handique, and Punya Brata Das.
- Travelogues by Dr. Bharat Parekh & Dr. Tuhin Bhattacharya
- Photography by Dr. Sushanta Bhadra & Arunava Bohra.
- Cartoons by Praveen Bhatia
- Poems by Dr. Rohini Patil

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**Reflections - An e-magazine showcasing the
artistic talents of Medics**

Radiologist's Musings - Dr. Viral Parekh

Hi!, Namaste,

I am very happy to present the 37th issue of Reflections. This happens to be an anniversary issue of this publication. It gives me immense pleasure to bring out a new issue on 1st of every month. This would not have been possible without the help of very talented artists in our medical fraternity. I am obliged and sincerely thank each and everyone of them for being my companion in this wonderful journey.

Recently, I listened to a song after a long time by my favourite singer Suresh Wadkarji. Song is from movie Gaman and music composition is by Jaydevji and beautiful lyrics with deep meaning are by Shahryar ji. The song goes like this: “सीने में जलन, आखों में तूफान सा क्यों है?, इस शहर में हर शख्स परेशान सा क्यों है?”

This beautiful song kept me engrossed in deep thoughts. Whoever we meet, be it our patients, relatives, friends and colleagues, most of them are not fully satisfied with their life. Most of the people live with regrets. Someone due to some human relations gone sour, someone due to what he/she could not become in life, someone due to unfulfilled financial aspirations, someone due to toxic family or work environment, someone due to health issues and someone due to extramarital relations of spouse.

As James Pierce has rightly said that “Happiness is natural for children; unhappiness is learned.” We ourselves are root cause of our happiness. We are not happy with what we have and we make ourselves unhappy by longing for what we don't have.

Ramana Maharshi says that “Nearly all mankind is more or less unhappy because nearly all do not know the true self. Real happiness abides in self-knowledge alone. All else is fleeting. To know one's self is to be blissful always.”.

How true is this. We should learn to meditate and be contented. A person who is contented may feel a sense of gratitude for what they have and may not feel the need to constantly strive for more or compare themselves to others.

Contentedness can come from many sources, such as having a fulfilling job, supportive relationships, good health, a sense of purpose, and a positive outlook on life. It can also come from within, through practices like mindfulness, gratitude, and self-reflection. So in short just remember that to be happy, let things be. I would recommend everyone to listen to beautiful song by Bobby McFerrin : “Don't worry be happy”.

This issue would not have been possible without the help of Dr. Bharat Parekh, Dr. Juni Menon, Dr. Sanjeev Handique, Dr. Punya Brata Das, Dr. Praveen Bhatia, Dr. Arunava Bohra, Dr. Sushanta Bhadra, Dr. Tuhin Bhattacharya and Dr. Rohini Patil. I am obliged and sincerely thank all of them.

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Music : Hindustani Classical Music : Kafi thaat



The Kafi thaat is one of the ten parent scales in Hindustani classical music, and it consists of the following notes:

Aaroh: Sa Re Ga Ma Pa Dha Ni Sa

Avroh: Sa Ni Dha Pa Ma Ga Re Sa

The Kafi thaat is characterized by a prominent use of the Komal Ga (flat third), Komal Dha (flat sixth), and Komal Ni (flat seventh) notes. Many ragas are derived from the Kafi thaat, and some of the most popular ones are:

Raga Kafi: This is one of the most popular ragas in Hindustani classical music, and it is derived from the Kafi thaat. It is a late afternoon raga that is associated with the season of spring. The raga uses all the notes of the Kafi thaat, and it is characterized by a prominent use of the Komal Ga and Komal Ni notes.

Raga Yaman: This is another popular raga that is derived from the Kafi thaat. It is a morning raga that is associated with the season of spring. The raga uses all the notes of the Kafi thaat, and it is characterized by a prominent use of the Shuddha Ni (natural seventh) note.

Raga Bhipalasi: This is a late evening raga that is derived from the Kafi thaat. It is characterized by a prominent use of the Komal Ga and Komal Ni notes, and it uses all the notes of the Kafi thaat.

Raga Pilu: This is a popular raga that is derived from the Kafi thaat. It is a light classical raga that is characterized by a prominent use of the Komal Ga and Komal Dha notes.

Raga Jhinjhoti: This is another raga that is derived from the Kafi thaat. It is a light classical raga that is characterized by a prominent use of the Komal Ga and Komal Ni notes.

These are just a few examples of ragas that are derived from the Kafi thaat. There are many other ragas that use this thaat as their foundation, and each raga has its own unique characteristics and emotional expressions.



Paintings by Dr. Juni Menon

Travelogue - Dr. Bharat Parekh

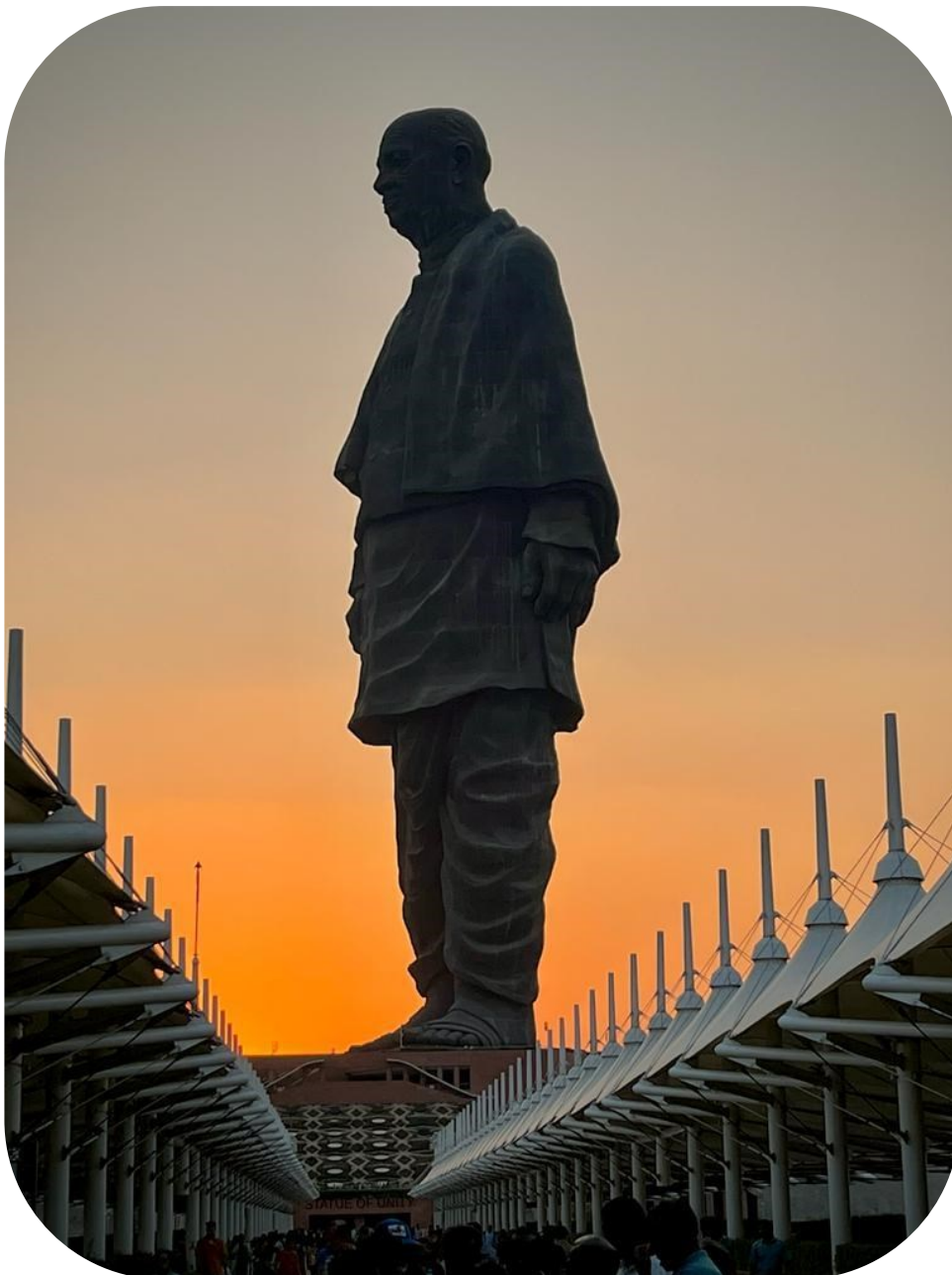


Dr. Bharat Parekh, MD
Senior Radiologist

Dr Bharat Parekh, a senior retired Radiologist from Mumbai, former Chairman of Indian College of Radiology & Imaging and the first recipient of “Prof S K Basu Roy Choudhary” oration of West Bengal.

With the help and guidance of Dr. Parekh, I had organised may Radiology conferences and CMEs in Kolkata.

Dr. Parekh has retired now and devotes his time to social service, singing and travelling. Here is his travelogue on Sardar Sarovar dam and statue if unity, Gujarat.



Travelogue - Dr. Bharat Parekh



Dr. Bharat Parekh, MD
Senior Radiologist



Travelogue - Dr. Bharat Parekh



Dr. Bharat Parekh, MD
Senior Radiologist

Statue of Unity:



The 3000crore, Statue of Unity complex has been built as an ode to the Iron Man of India, Sardar Vallabhbhai Patel, the first home minister of independent India. He was responsible for uniting all 562 princely states of the country to build the Republic of India. 'Statue of Unity' is an iconic 182-metre-tall statue, making it the tallest statue in the world, is situated on the isle of Sadhu-Bet, located between the Mountain Ranges of Vindhyaachal. India's largest engineering and construction company Larsen & Toubro was assigned the responsibility for designing, engineering, procurement, construction, operation and maintenance of the project. 134.25 metric tonnes of iron was received from villages across the

nation. This iron was converted into reinforcement bars weighing 109.17 metric tonnes and used in the construction of the project. The construction of this National Monument utilised approximately 70,000 metric tonnes of cement, 18,500 metric tonnes of reinforcement bars and 6,000 metric tonnes of structural steel. The surface area of about 22,500 square metres has been clad with around 1,700 metric tonnes of bronze.

Travelogue - Dr. Bharat Parekh



Dr. Bharat Parekh, MD
Senior Radiologist



Travelogue - Dr. Bharat Parekh



Dr. Bharat Parekh, MD
Senior Radiologist



Travelogue - Dr. Tuhin Bhattacharya

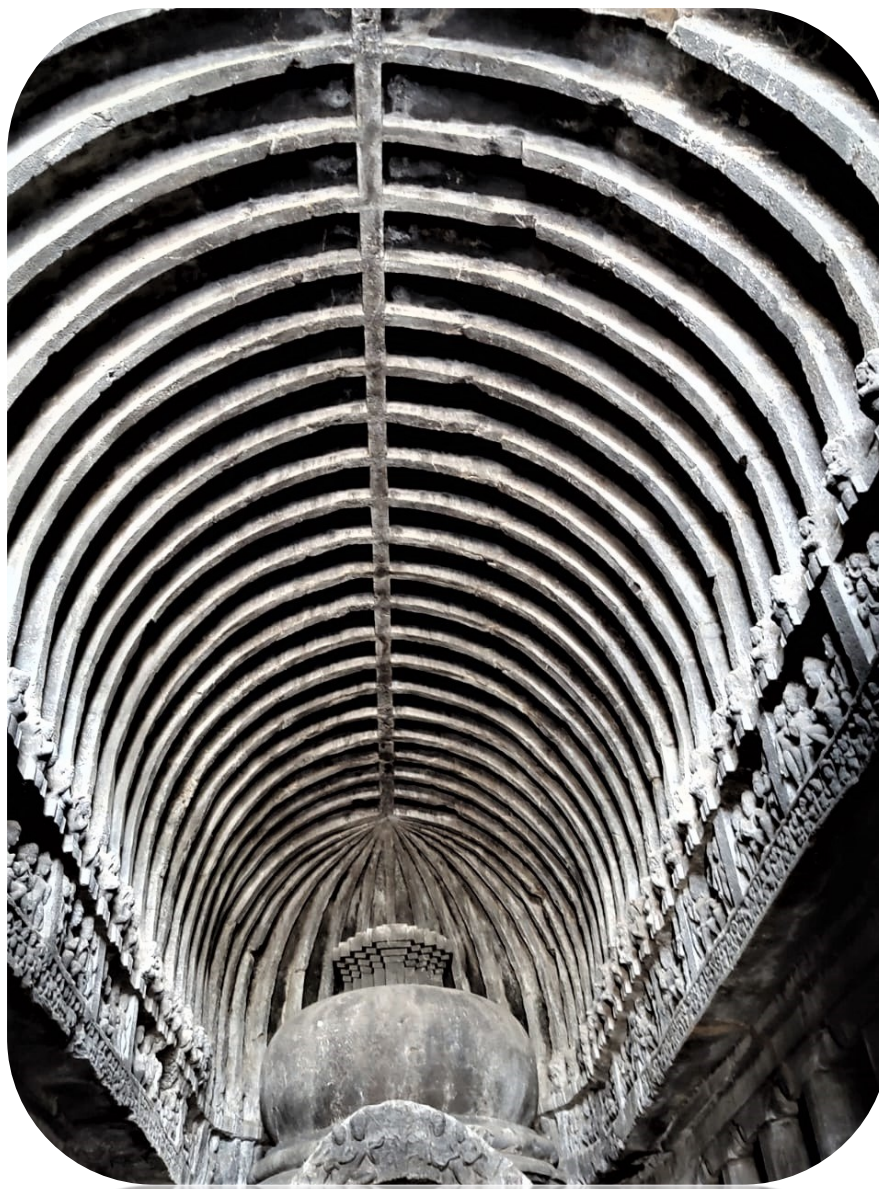


**Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.**

Dr. Tuhin Bhattacharya is also a classmate of mine. He is one of the close friends of mine and a Pathologist by profession. He is presently working as Chief Pathologist & CEO at Lifecare medical foundation blood centre. Kolkata.

Here is his travelogue on Ellora caves. I am sure you would like to be part of his journey.

Majestic Ellora --- one of the oldest sculpture in the World.



Travelogue - Dr. Tuhin Bhattacharya



Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.



Travelogue - Dr. Tuhin Bhattacharya



Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.



Ellora , also called Verul or Elura , is the short form of the ancient name - Elloorpura .

It is one of the largest rock cut Hindu temple cave complexes in the World, with artwork dating from the period 600 - 1000 CE.

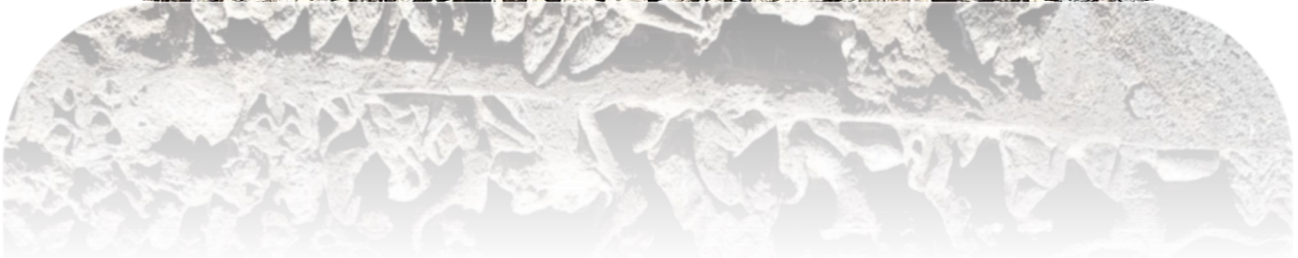
There are over 100 caves at the site , all excavated from the basalt cliff in Charanari Hills , of which 34 are open to public . These consists of 12 Buddhist caves (1-12), 17 Hindu caves (13- 29) & 5 Jain caves (30 -34) .

Travelogue - Dr. Tuhin Bhattacharya



Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.

Cave 16 features the largest single monolithic rock excavation in the world, the Kailash temple, a Chariot -shaped monument dedicated to the God Shiva.

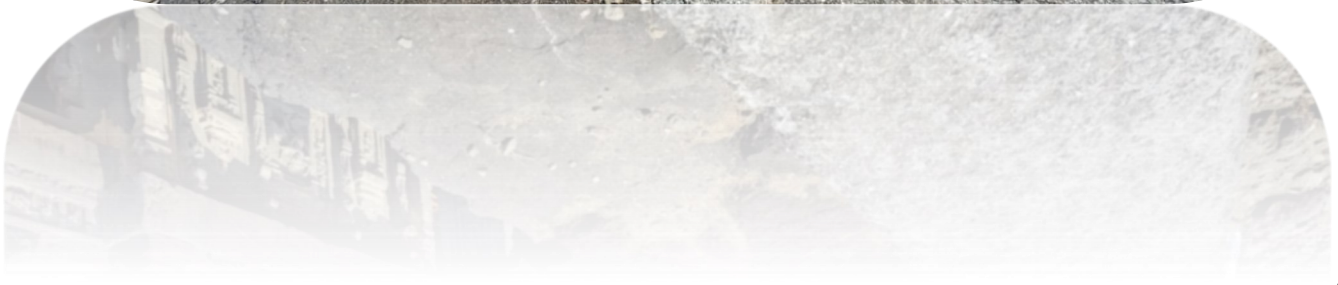


Travelogue - Dr. Tuhin Bhattacharya



Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.

The Single monolith temple Kailash & it's wonderful sculptures (Hindu caves).



Travelogue - Dr. Tuhin Bhattacharya



Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.

All Ellora monuments were built during the Rashtrakuta dynasty , which constructed part of the Buddhist and Hindu caves and the Yadava dynasty constructed the Jain caves . Funding for the construction of monuments was provided by Royals , traders and the wealthy landlords of those region.



Travelogue - Dr. Tuhin Bhattacharya



Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.

Apart from Lord Shiva shrines , other shrines carved from the same rock are dedicated to Ganga , Yamuna , Saraswati , ten avatars of Vishnu , Vedic gods goddesses including Indra , Agni , Vayu , Surya and Usha , as well as non- vedic deities like Ganesha.

The basement level of Kailash temple features a notable set of Carvings include the twelve episodes from the childhood of Lord Krishna , an important elements of Vaishnavism.



Travelogue - Dr. Tuhin Bhattacharya



Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.

Sculptures surrounding the Kailash temple (Hindu cave).



Travelogue - Dr. Tuhin Bhattacharya



Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.



Travelogue - Dr. Tuhin Bhattacharya



Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.



Travelogue - Dr. Tuhin Bhattacharya



Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.



Art - Paintings & Sketches



Dr. Punyabrata Das
MBBS, MD.
Consultant Radiologist

Dr. Punyabrata Das is also a fellow Radiologist. He is consultant at MSA and Sun Diagnostics, Alipurduar, West Bengal. He never had formal training in arts. He picked up skills through observation. He experiments with different mediums including pencil, oil, watercolor and lately digital art. Besides being a painter, he is a good singer and can sing in multiple languages including Spanish and Arabic. He is a good dancer too. World is moving towards Artificial intelligence and therefore heterogeneously enhancing has recreated / converted some of his watercolour and pencil sketches into digital artworks. I am sure you will love them.



Art - Paintings & Sketches



Dr. Punyabrata Das
MBBS, MD.
Consultant Radiologist



Art - Paintings & Sketches



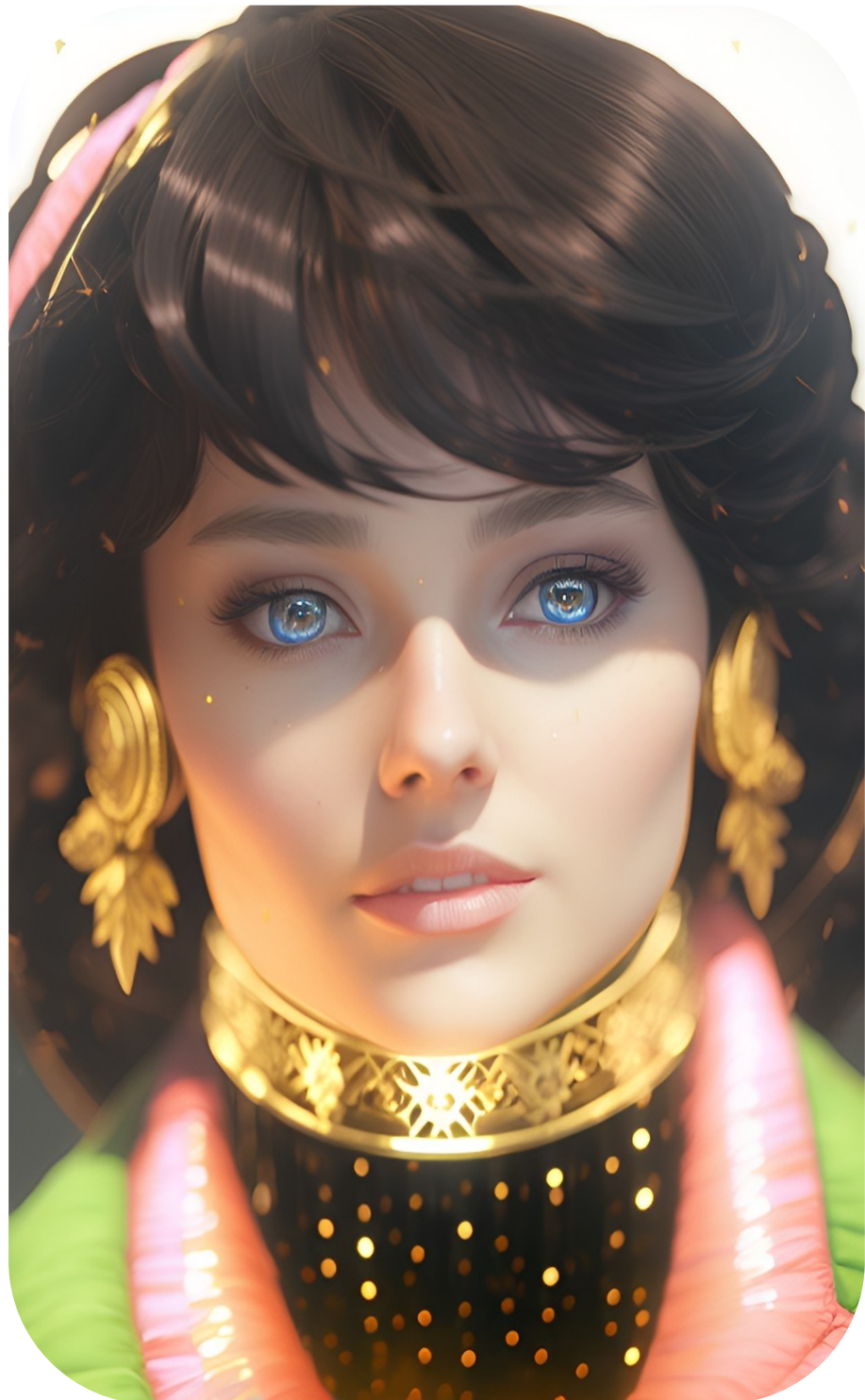
Dr. Punyabrata Das
MBBS, MD.
Consultant Radiologist



Art - Paintings & Sketches



Dr. Punyabrata Das
MBBS, MD.
Consultant Radiologist



Art - Paintings & Sketches



Dr. Punyabrata Das
MBBS, MD.
Consultant Radiologist



Art - Paintings & Sketches



Dr. Sanjeev Handique, MBBS, MD ; is a friend and fellow Radiologist from Guwahati. He is Director Radiology & Imaging GNRC Sixmile Hospital, Guwahati, Assam. He is an ex-student of Assam Medical College. He excels in painting and makes paper scale models of cars also. He is a self taught painter. Recently, annual conference of Indian Radiological & imaging association was held in Amritsar, Punjab. Here are few of his paintings inspired by his visit there. I am sure you will love it.



15x11" watercolour in Arches 300gsm rough.

Art - Paintings & Sketches



Sanjeev Handique, MBBS, MD
Director Radiology & Imaging,
GNRC Sixmile Hospital,
Guwahati,
Assam

The bag seller. 15x11" watercolour on Arches 300gsm



Art - Paintings & Sketches



Sanjeev Handique, MBBS, MD
Director Radiology & Imaging,
GNRC Sixmile Hospital,
Guwahati,
Assam

The card game. Inspired from a recent visit to the beautiful state of Punjab



Humour



Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

Dr. Praveen Bhatia is also a fellow Radiologist, He has done MBBS from UCMS Delhi and MD Radio-Diagnosis from Maulana Azad Medical College, Delhi. He runs a diagnostic centre at Faridabad, Haryana. He started cartooning initially as time pass during corona lockdown, enjoyed and then carried on. He is also an avid traveller, blogger and corona time singer. Here are some of his cartoons, which I am sure will tickle you.



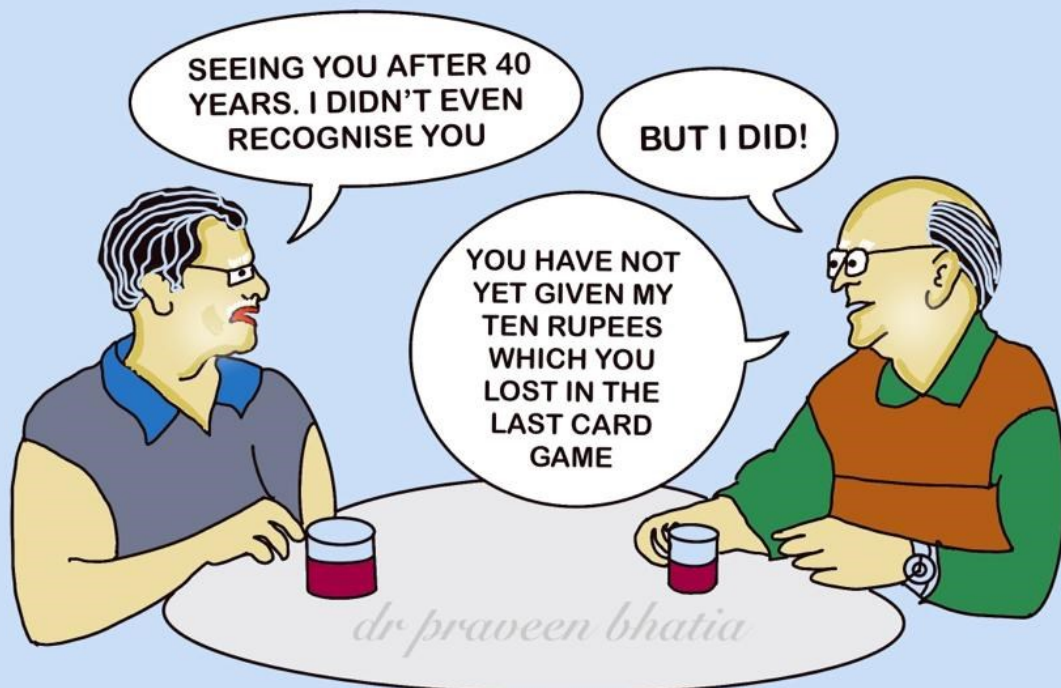
These cartoons are just for fun and no offense is meant to any person or any organisation

Humour



Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

UCMS '72 GOLDEN JUBILEE MEET



SETTLING THE SCORES

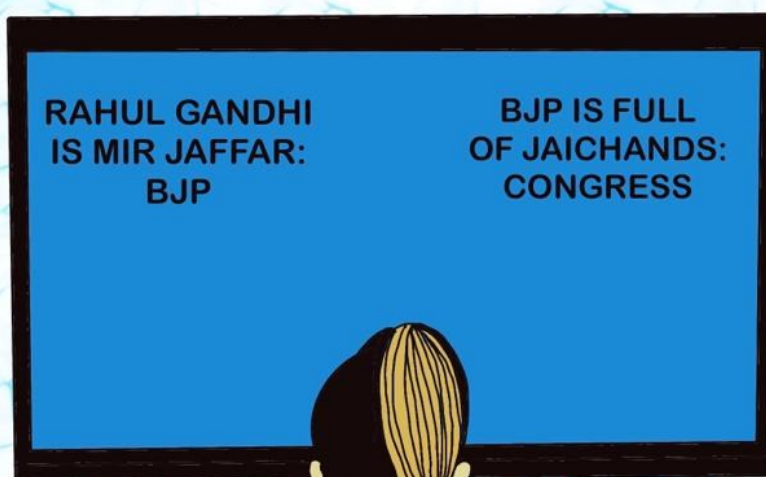
dr praveen bhatia

SETTLING THE SCORES

Humour



Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist



MOM I'M NOT LEAVING TV
I'M PREPARING FOR MY
HISTORY TEST
TOMORROW

dr praveen bhatia

dr praveen bhatia



dr praveen bhatia

TOMORROW
HISTORY TEST
I'M PREPARING FOR MY

Astrophotography



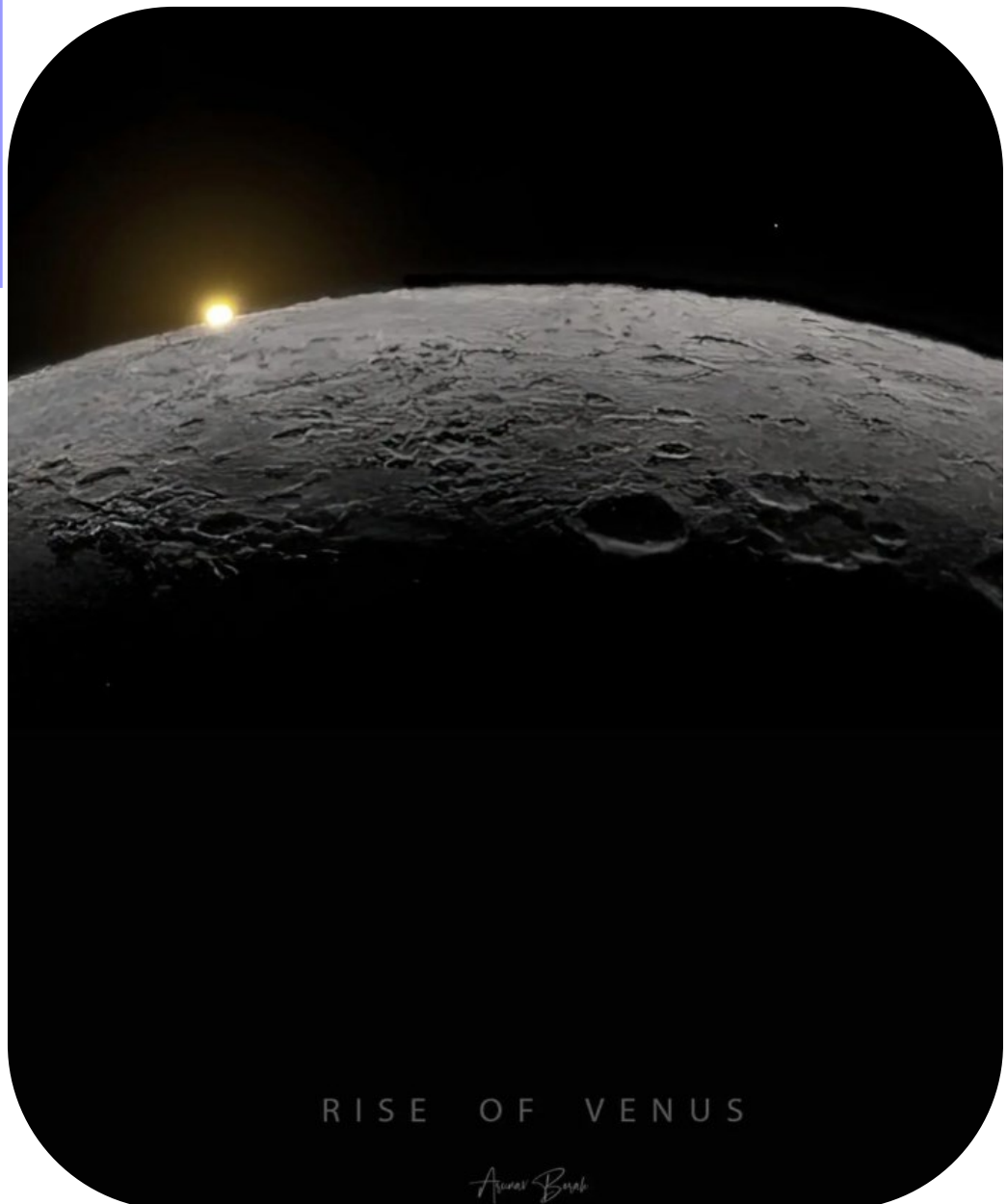
Dr. Arunava Borah,
MBBS,MD
Assistant Professor
Department of Forensic Medicine,
Dhubri Medical College & Hospital,
Assam.

Dr. Arunava Borah did his MBBS from Assam Medical College, Dibrugarh (2004 batch). He did his postgraduation in Forensic Medicine and Toxicology from Gauhati Medical College, Guwahati in 2016. Currently he is working as Assistant Professor in Department of Forensic Medicine, Dhubri Medical College.

From 2015 he started his journey into photography. He was a wildlife and landscape photographer till 2020. In 2020 he grew interest in Astrophotography and now he is exclusively photographing the cosmos. Here are some of his Astrophotographs. I am sure they will amaze you.

Lets imagine
different-
ly...Why to think
as reappear-
ance ...rather
we can imagine
as Venus Rising

Canon 7D stock
DSLR
Canon 400mm
F5.6 L USM +
Canon 2x TC
ioptron
Skyguider pro
tracked at Lunar
speed
Single shot @
f/11, iso
1250,1/80sec at
800mm
Softwares-
Adobe PS
Dhubri



RISE OF VENUS

Aruna Borah

Aruna Borah

RISE OF VENUS

Astrophotography



Dr. Arunava Borah,
MBBS,MD
Assistant Professor
Department of Forensic Medicine,
Dhubri Medical College & Hospital,
Assam.

Venus at the point of reappearance from behind the Moon. The event is known as Lunar Occultation of Venus which took place today.

Canon 7D stock DSLR
Canon 400mm F5.6 L USM + Canon 2x TC ioptron
Skyguider pro tracked at Lunar speed
Single shot @ f/11, iso 1250, 1/80sec at 800mm
Softwares- Adobe PS
Dhubri
24th March 2023



Reappearance

Lunar Occultation of Venus

Aruna Borah

Aruna Borah

Lunar Occultation of Venus

Reappearance

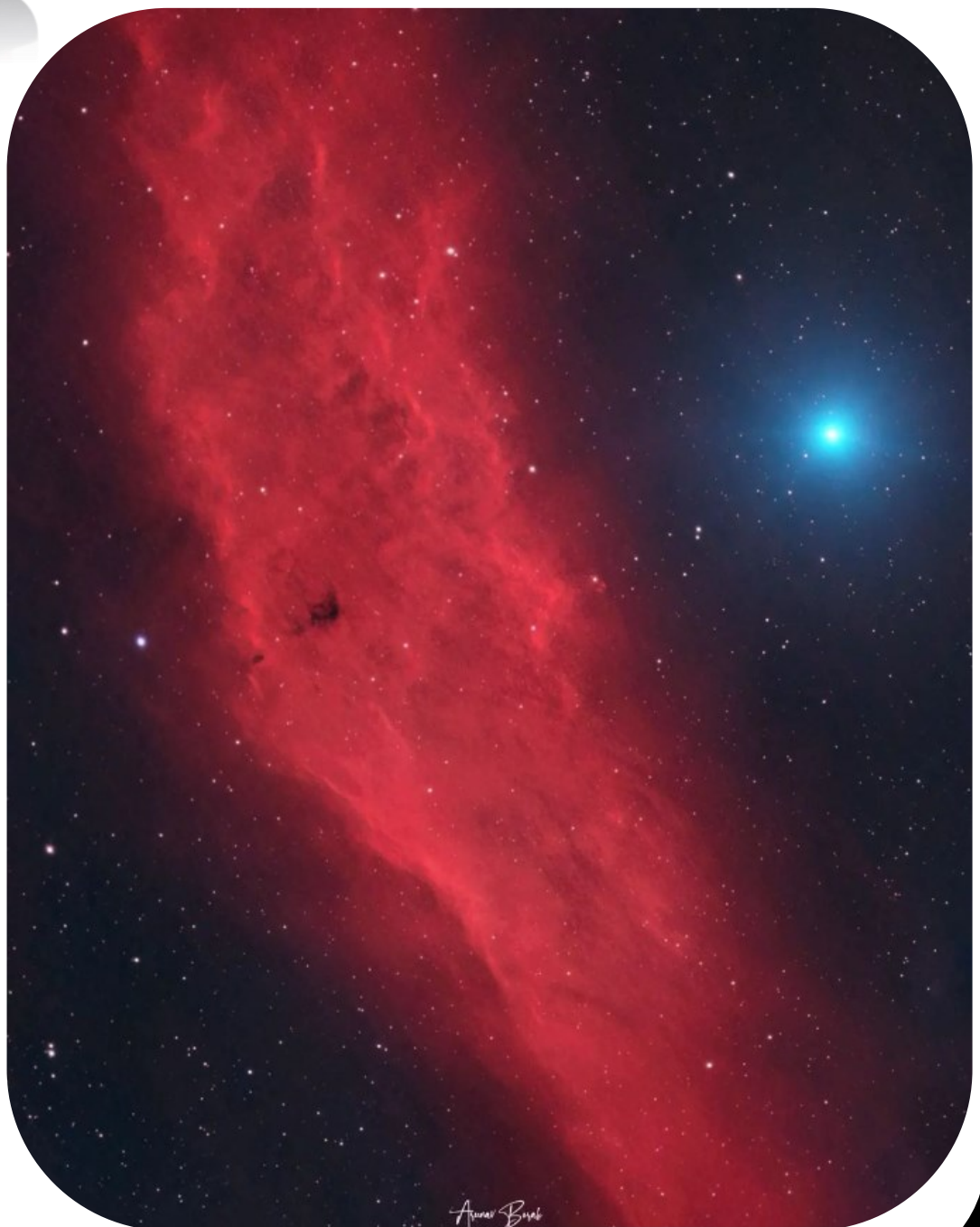
Astrophotography



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The powerful hot rays of Xi perseii star heating and exciting up the electrons causing the emission of Red vibrant Hydrogen Alpha.

Canon 1200D
Canon 400mm
F5.6 L USM
ioptron
Skyguider pro
(unguided /
undithered)
Optolong L-
Enhance filter
Total integra-
tion- 6 hours
26mins
f/5.6, iso
1600,94sec
Softwares-
DS , Pix-
insight, Adobe
PS
Dhubri



Aruna Borah
Aruna Borah

Astrophotography



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The Flame Nebula is a large star-forming region in the constellation Orion that lies about 1,400 light-years from Earth. The bright star Alnitak, the easternmost star in the Belt of Orion can be seen in the image. Radiation from Alnitak ionizes the Flame Nebula's hydrogen gas. As the gas begins to cool from its higher-energy state to a lower-energy state, it emits energy in the form of light, causing the visible glow behind the swirled wisps of dust.

Canon 1200D
Canon 400mm F5.6
L USM
ioprotron Skyguider
pro (unguided / undithered)
Optolong L-Enhance
filter
Total integration- 4
hour 40mins
f/5.6, iso 1600, 85sec
Softwares- DS , Pix-
insight, Adobe PS
Dhubri



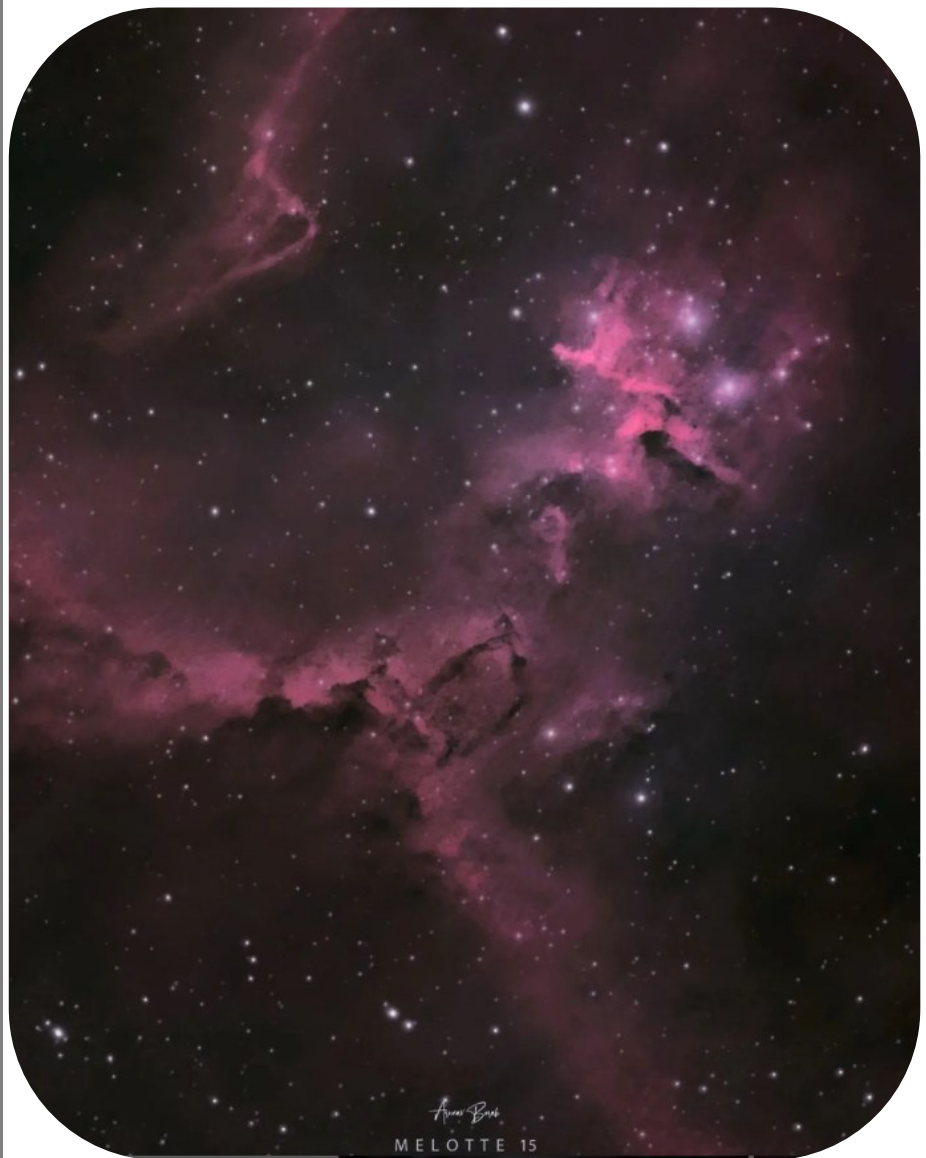
Astrophotography



Dr. Arunava Borah,
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Department of Forensic Medicine,
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Assam.

This is a close-up cropped image of the center of the heart nebula. At the center of the heart nebula lies an open cluster of stars, known as Collinder 26 or Melotte 15. It contains a few bright stars nearly 50 times the mass of our Sun, and many more dim stars that are only a fraction of our Sun's mass. Cosmic clouds form strange shapes in the central regions of emission nebula IC 1805. The clouds are sculpted by stellar winds and radiation from massive hot stars in the nebula's newborn star cluster, Melotte 15.

Canon 1200D
Canon 400mm F5.6 L
USM
ioprotron Skyguider pro
(unguided / undithered)
Optolong L-Enhance filter
Total integration- 5 hour
55mins
f/5.6, iso 1600, 105 sec
Softwares- DS, Pix-
insight, Adobe PS
Dhubri



Aruna Borah
MELOTTE 15
WEGOTTE 12

Astrophotography



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Assistant Professor
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Dhubri Medical College & Hospital,
Assam.

Canon 1200D
Samyang
135mm
ioptron
Skyguider pro
(unguided /
undithered)
f/2.8, iso 800,
135sec
Optolong CLS
ccd clip in fil-
ter
Total integra-
tion - 20 hours
Softwares-
DSS , Pix-
insight, Adobe
PS
Dhubri



Arunava Borah
Dhubri

Glamour Photography



Mr. Sushanta Bhadra,
MBBS, MD, DTMH,
DNB, FRCOG,
FRCGP, LLB.
Clinical Director,
North Bexley PCN
United Kingdom.

Mr. Sushanta Bhadra is also my classmate and a very dear friend from R. G. Kar Medical College.

He is probably the most qualified amongst 150 classmates of our Medicos-80 batch. He now stays in Bexley, Kent, UK. In spite of a very busy schedule, he still manages to pursue his passion for glamour photography. Some of his work is here and I am sure it will please you.



"Beautiful things aren't always glamorous, it sometimes come with lessons and reboots, and that is the beauty of living."

— Goitsewang Mvula

Glamour Photography



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Glamour Photography



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Glamour Photography



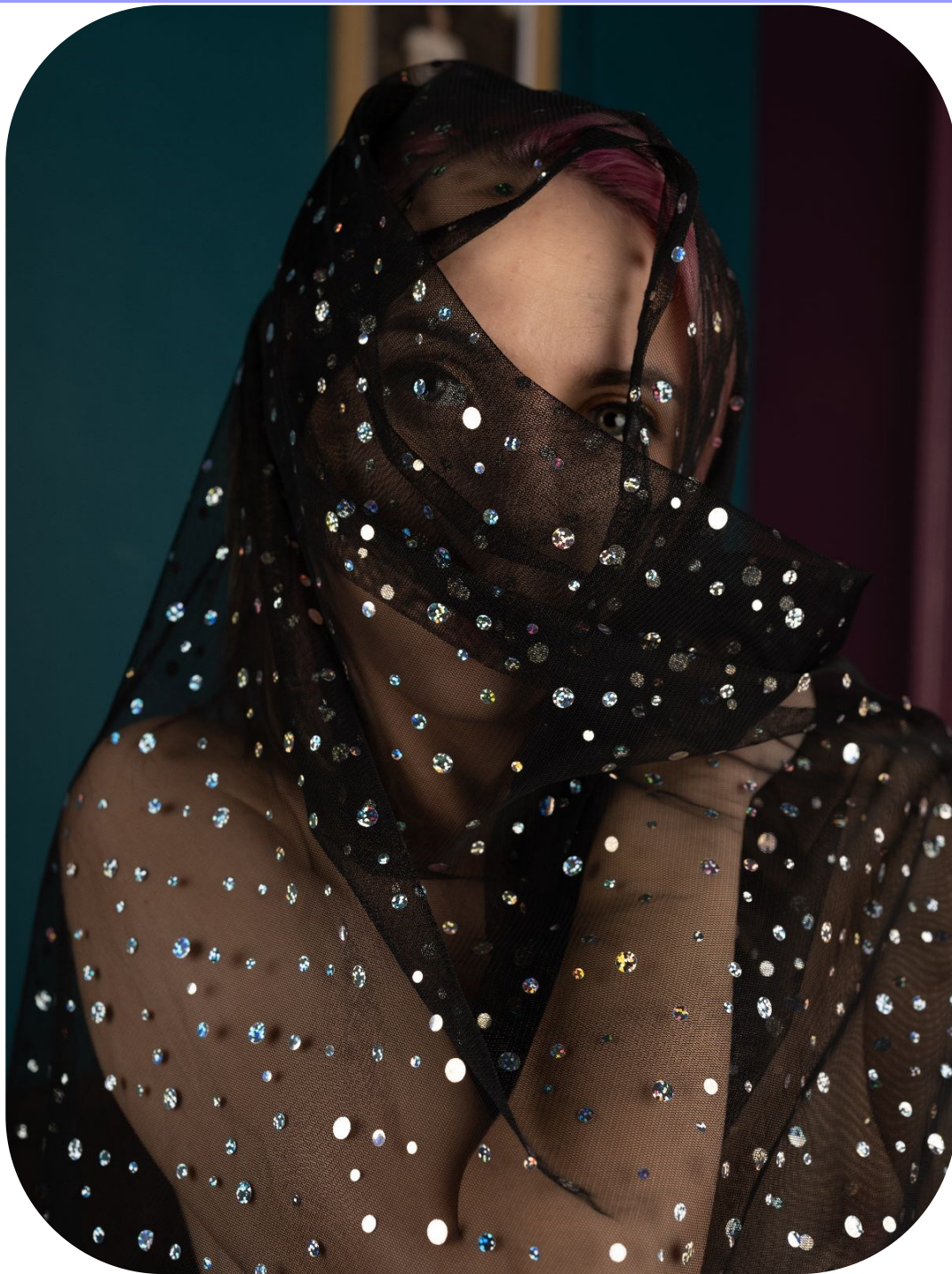
Mr. Sushanta Bhadra,
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Glamour Photography



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Glamour Photography



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Glamour Photography



Mr. Sushanta Bhadra,
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Clinical Director,
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United Kingdom.



Literature - Poem



Dr. Rohini Patil
MBBS, DGO
Consultant G&O
Vasai, Maharashtra,

Dr. Rohini Charudatta Patil is a Gynecologist by profession. She finished MBBS and DGO from GMC Miraj. She started practicing at Abhinav maternity nursing home in Nallasopara, Vasai, Palghar 12 years back. She was a columnist for "Tanaat Manaata", Dainik Herald newspaper, Goa for 2 years. She has finished 5 exams from Gandharva Vidyalyaya in Kathak Nritya. She is about to publish a booklet of four liners. Here is one of her poems.

WHEN YA SLEEP

As you sleep
So you reap
By going to sleep
You avoid gossip
Sink in all good
As much as you could
Quiet and steady
Makes one sturdy
It's free of cost
Once lost its lost
A priceless gift
That helps one drift
To a remote vacation
To get satisfaction
Dear Almighty...
I thank you hearty
For this regular treat
My beloved SLEEP

WOMEN

It's a fact no more a mys-
tery,
Well behaved women didn't
make history ;
To prove your might,
To set things right;
There is but a clause,
Think out of d box;
Safe roads lead nowhere,
Unexplored ones take you
somewhere;
So keep thinking
and going.....
You'll surely nail it;
Start your voyage ;
You'll definitely make it.

Photography - Dr. Tuhin Bhattacharya



Next issue in May 2023

I am bringing out such e-magazine with a frequency of one issue every month. So, next issue will be published in May 2023.

I am hereby inviting all the professionals who indulge in extra-curricular activities to share her/his work with me and if it is of good quality, I will surely publish it.

So, I request all of you to contribute to this Newsletter. Please send your material in Word format with good quality images. Please send your photograph and details of your place of work with email address also. Your material should reach us by 15th. Of April, 2023.

What do you feel about Reflections.? How can it be improved? Do you like or dislike something in this publication? Please share your thoughts and I will publish them in next edition of Reflections.

Please write to : reflections2020@hotmail.com

So long.

Viral Parekh